

Golden Split Pea Soup

Makes: 8 servings

Ingredients

2 teaspoons vegetable oil
2 cups onion (chopped)
4 small potatoes (2 cups diced, with skin on)
1 1/2 cups yellow split peas
5 1/2 cups chicken broth, low-sodium
1 cup water
1/2 teaspoon onion powder
1 teaspoon poultry seasoning

Directions

1. Place the vegetable oil in a large soup pot or Dutch-oven style pan. Heat over medium-high.
2. Add the onion and sauté until golden, about 2-3 minutes.
3. Add the rest of the ingredients and mix well. Bring to a boil and then lower the heat to a simmer. Cook uncovered until the peas are tender, about 45 minutes. Serve hot.

Food and Health Communications, Inc., Visit Website

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	240	
Total Fat	2 g	3%
Protein	16 g	
Carbohydrates	41 g	14%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	55 mg	2%